



**GREEN
CHEF**

GREEN GODDESS SANDWICHES

roasted vegetables, Kalamata olives, ciabatta

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

860

MENU

VEGAN

You haven't had a sandwich quite like this before. These veg-packed ciabattas take a sandwich from on-the-go belly-filler to white napkin-level eating experience. Each ingredient gets the star treatment it deserves, resulting in layers upon layers of irresistible flavor and texture. The treatment? Squash is cut into thick planks and bell pepper into sturdy slabs—not only for exemplary sandwich architecture, but also for an ultra-satisfying bite. The pepper is tossed with agave before roasting at high heat to encourage caramelization. These veggies are piled between toasted ciabatta along with tender kale, briny Kalamatas, and herby green goddess dressing. And because no sandwich is complete without a side, there are roasted potato wedge fries sprinkled with applewood-smoked sea salt for an elevated twist.

INGREDIENTS (10 ITEMS)

9 oz **Yellow potatoes**
 ½ tsp **Applewood-smoked sea salt**
 1 whole **Yellow squash**
 1 unit **Red bell pepper***
 2¾ oz **Lacinato kale**
 ¼ oz **Kalamata olives**
 1 tsp **Italian seasoning**
 1 oz **Agave**
 2 whole **Ciabatta breads** **W**
 3½ oz **Green goddess dressing** **S**

WHAT YOU'LL NEED

medium sauté pan
 2 baking sheets
 medium bowl
 measuring spoons
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 ROAST POTATOES

- Preheat oven to 425 degrees.
- Halve **yellow potatoes*** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.
- Sprinkle with **applewood-smoked sea salt** to taste. Stir to combine. (**Careful! Baking sheet is hot!**)

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Trim ends off **yellow squash***; discard. Cut lengthwise into planks, about ½ inch thick.
- Cut **red bell pepper*** lengthwise into eight thick slabs.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **Kalamata olives**.

**The ingredient you received may be a different color.*

3 ROAST SQUASH & BELL PEPPER

- Spread **squash** out in a single layer on one side of a second lightly oiled, foil-lined baking sheet. Drizzle with about ½ tablespoon cooking oil. Season with ¼ teaspoon salt, a pinch of pepper, and about half of the **Italian seasoning**. Rub to coat.
- Place **bell pepper** in bowl used for potatoes. Drizzle with **agave** and 1 tablespoon cooking oil. Stir to coat.
- Spread **bell pepper** out in a single layer on open side of baking sheet with squash. Roast 15-20 minutes, or until squash and bell pepper are tender, flipping halfway through.

4 SAUTÉ KALE & OLIVES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **kale** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until tender, stirring occasionally.
- Add **olives**. Season with remaining **Italian seasoning**. Cook 1-2 minutes, or until olives are heated through, stirring occasionally.

5 TOAST CIABATTA

- Halve **ciabatta breads** horizontally.
- Place **ciabatta** directly on oven rack, cut-sides down. Toast 2-3 minutes, or until lightly browned.

6 PLATE YOUR DISH

- Divide **bottom buns** between plates. Spread about 2 tablespoons of the **green goddess dressing** over cut-side of each bottom bun. Top with **sautéed kale and olives, roasted squash and bell pepper**, and **top buns**. Serve **roasted potato wedges** with any remaining **green goddess dressing** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (562g)

Amount per serving

Calories **860**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1350mg	59%
Total Carbohydrate 103g	37%
Dietary Fiber 10g	36%
Total Sugars 20g	
Includes 10g Added Sugars	20%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 151mg	10%
Iron 9mg	50%
Potassium 799mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ciabatta Bread [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Yellow Squash, Bell Peppers, Agave** [organic agave syrup], **Applewood-Smoked Sea Salt, Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Lacinato Kale, Green Goddess Dressing** (Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Yellow Potatoes**

Allergen information:

Contains Soy And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

